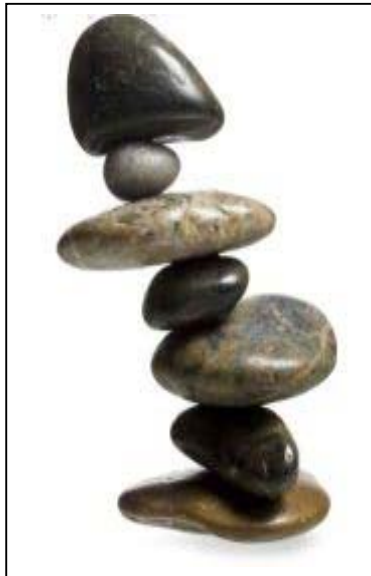


# LANE STONE THERAPY

A unique approach to Hot & Cold Stone Massage

16 FL CEU's

Instructed by Rachel Speranza LMT, RA, MMP



A highly innovative therapeutic treatment, this modality will address the benefits of temperature utilizing ancient tools of Mother Earth in combination with modern massage techniques. You will learn to incorporate aspects of Native American traditions, such as rainsticks, sage for purification and essential oils with energy balancing. As a therapist this treatment will offer you a relief from the tired hands and wrists of bodywork and give you a new approach into a creative body, mind and soul connection. By the conclusion of this class, you will have the knowledge to perform a 60 minute and 90 minute routine.

**Date:**

**July 12 & 13, 9am-5:30pm**

**Location:**

**Palm Beach Academy of Health & Beauty**

**Cost:**

**\$395** if payment is received by June 27<sup>th</sup> receive a \$50 discount

**Register:**

**Call Rachel Speranza (561) 329-0469 or  
herbalescent@earthlink.net**

**Mail check payable to Rachel Speranza  
PO box 32202**

**Palm Beach Gardens, FL 33420  
C/C M/C, Visa, & Amex**

**Supplies: 2 flat sheets, 2 Bath size towels, 2 pillow cases, 4 hand towels,  
jojoba oil in a squeeze bottle**

Directions to Palm Beach Academy of Health & Beauty: I95 to Northlake Blvd, east bound approx 2 miles to rail road tracks, turn right on 10<sup>th</sup> Ave, Academy is approx ½ mile on right.

## About the Instructor/Therapist...

Rachel Speranza earned a BS in Textile Design from Syracuse University and went on to pursue her career as a fabric purchaser with some of New York's elite fashion designers. At the high point of her career it became apparent that she was being lead to new endeavors. Through her daily travels in NYC, she was constantly being bombarded with a plethora of scents, good or bad; these scents had a strong effect on her emotional state. Rachel became acquainted with the phrase "aromatherapy" after researching scents and there effect on the psyche. She began her studies with Pat Betty, a 20 year veteran in the field at the Aromatherapy Institute. Upon completion of the 200 hour diploma program, Rachel demonstrated her commitment to uphold the professional ethics and standards in the field of aromatherapy by taking the Aromatherapy Registration Council exam. She became one of the first 40 Registered Aromatherapists in the country. After this accomplishment she went on to establish a product line, Chr`ysallis, as well as educating and integrating aromatherapy into the lives of everyone she met. Massage Therapy became the next logical progression for Rachel; she studied at the Academy of Healing Arts in Lake Worth, Florida, and became Nationally Certified and Florida State Licensed. Combining these two healing arts, Rachel became aware of her true gift, the essential oil blends became her medium, as the client was her canvas. She began working at The Lane Spa for Wellness, as a Massage Therapist, and later became a consultant for Aromatherapy there. After being introduced to Lane Stone Therapy, Rachel's passion for working with Mother Earth in massage treatments increased. The connection of hot and cold stones with Aromatherapy is the ultimate gift from nature when used in conjunction in the form of a rhythmic dance on the body. Rachel later became a trainer for this modality and continues to educate and inspire other Massage Therapists.

### **Rachel spreads the word of Aromatherapy and Massage Therapy...**

- Collaborated with acupuncturists on the five element theory and essential oils.
- Introduced "wellness days" into assisted living homes to improve quality of life
- Consulted with psychologists on the physiological reactions of essential oils and behavior modification
- Critical incident stress management field work (15 min. chair massage) for disaster relief; Hurricane Katrina, Mississippi Gulf Coast
- Lane Stone Therapy Certified Florida CE Instructor
- Traveled to Tibet w/ Innovative Humanitarian Solutions; for a medical mission to aid the indigenous people suffering from a rare arthritic disease (Kashin-Beck); performed spot massage therapy
- Published author on Native American Stone Massage featured in Sylla Sheppard-Hangar's "Aromatic SpaBook"

